

Discussion Questions

For the Parenting Instructor:

The discussion questions are a tool to help enrich your relationship with your client. They help to promote discussion on the topic of the lesson, and they help you to better understand the heart of your client and her needs. This is accomplished through sharing, connecting, and caring.

1. Do not give this page to your client. It is only for your reference when talking to your client.
2. The tips written below each question help you to know what to listen for or how to start a conversation if you have a reserved or quiet client.
3. Find ways to affirm your client, and gently guide the conversation.



Eating healthy is important all of the time—but especially when you are pregnant.

1. Why is good nutrition required during pregnancy?

This question is designed to help your client think carefully about what she puts in her body and why. Her body is working hard during pregnancy and childbirth. Her body must produce more blood to circulate through the placenta, and iron, protein, and folic acid help with this. Her baby's bones require minerals, such as calcium and phosphorus, to develop properly. If she already eats a well-balanced diet, then all she needs to add are extra nutrients for the baby. Her baby grows all day, every day, and will suffer if she misses meals or starves herself.

2. What are empty calories? Can you name a few of your favorites?

This is another question designed to help your client think about the foods she eats and how nutritious they are. Empty calories are foods that contain nothing but sugar, sugar substitutes, and refined flour. These foods are usually the foods we all love to snack on, but they do not provide any nutrients for the baby. It is best to cut down on foods with empty calories, such as any form of sweetener—white or brown sugars, maple syrup, molasses, or artificial sweeteners; candy and chocolate; colas, soft drinks, and fruit drinks sweetened with sugar; cookies, doughnuts, jams, cakes, pies, etc.; and sweetened cereal.

3. What are some examples of healthy foods and snacks? What changes will you make to the snacks you choose in order to eat healthier?

She may be surprised by the delicious foods she can eat. Help her to see what foods are healthy. Some examples are unsweetened fruit juices, yogurt, Swiss cheese, any vegetables or fruits (carrot sticks or an apple), dried fruits, nuts, decaffeinated coffee and decaffeinated teas, pretzels with mustard, sandwiches made of whole wheat bread and peanut butter, baked potatoes, crackers with hard cheese, and whole wheat breakfast cereal with fruit (banana slices or apple chunks, raisins, or berries).